

STAYING WELL



Vitamin D

Vitamin D helps your bones stay strong, helps maintain muscles, and supports a healthy immune system.

Vitamin D is made by the body after being exposed to sunlight. There are also some foods that are good sources of vitamin D.

During Wisconsin winters, our sunlight exposure is low. This makes it harder to make enough Vitamin D.

To overcome this, try adding more foods rich in Vitamin D to your diet.

You can also talk to your health care provider about Vitamin D supplements.



Good Food Sources of Vitamin D:

- **Salmon** - Wild caught salmon contains higher amounts of Vitamin D
- **Herring** - Fresh and pickled contain Vitamin D, but watch the sodium levels in pickled Herring
- **Canned Tuna** - a great affordable food option for Vitamin D
- **Shrimp** - Low fat option for getting Vitamin D
- **Egg Yolks** - Egg whites contain most of the protein the egg yolk is where the vitamins, minerals, and fat are located
- **Mushrooms** - Excluding fortified foods, mushrooms are the only plant source of Vitamin D
- **Fortified Foods** - Milk, soy milk, orange juice, cereals, oatmeal, etc... To know if a food is fortified with Vitamin D be sure to read the nutrition facts label.



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FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](https://www.access.wi.gov) to learn how to apply for food assistance or call 1-800-362-3002

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